

Custom chopper is mobile memorial for veterans

BY CPL. ROBERT W. BEAVER
Chevron staff

A former depot Marine has found a new way to honor his brothers in arms instead of only extending his thanks or by buying

them drinks.

Retired Staff Sgt. Jerry Royal, from Myrtle Beach, S.C., has built a custom chopper in dedication of Marines who served in support of Operations Iraqi Freedom.

"I wanted to make this bike in

honor of Marines, especially the ones in Iraq," said Royal. "They have fought and died for us and some have come back wounded. I think we should honor them."

The finished chopper was put on public display for the first time

at James L. Day Hall here during the Rock 'n' Roll Marathon nearly two weeks ago. The display also features facts and photos about the tactical use of motorcycles throughout Marine Corps history.

"The visitors for the marathon loved the bike," said Barbara McCurtis, museum director. "It's a really good thing for Royal to do. People always talk about how to honor the vets when Royal used his own time and money to give back to the Marines."

Royal started the project nearly two years before he retired from the Marine Corps as the substance abuse specialist for Headquarters and Service Battalion here.

With nearly \$14,000 of his own money and with the support from 19 sponsors, Royal was able to complete the chopper, his fourth custom-built bike, after three years of hard work.

Capable of reaching speeds of more than 60 miles per hour, the chopper is equipped with several features that give it a unique look.

Royal shortened an enlisted sword and used it as the chopper's shifter. He also welded two .50

caliber machine gun barrels together to create the handle bars.

The side mirror is fixed to two anti-aircraft gun sights and the seat is fitted with a desert camouflage pattern with an Operation Iraqi Freedom patch.

A string of gutted 7.62 mm bullets wrap around the fender and the bike rests on an M16A2 service rifle barrel made into the kickstand. The engine's belt reads Royal Choppers and the cherry apple colored paint job gives the chopper a bright glow.

"It was the first thing that caught my eye when I walked into the room," said former Marine Tim Votaw, who served with 3rd Battalion, 1st Marine Regiment in Vietnam and member of the Leatherneck Motorcycle Club. "The features are (good) and it has a good theme. Being a tribute bike, it means a lot to most of us who served."

The memorial bike will remain in the museum until August. From there, Royal plans to take the bike on a road tour to other Marine Corps installations to create awareness for OIF veterans.



Marines touring the James L. Day Hall take a peek at retired Staff Sgt. Jerry Royal's Operation Iraqi Freedom tribute bike, June 6. Royal, a native of Myrtle Beach, S.C., built the custom chopper using his own time, money and support from sponsors. *Cpl. Robert W. Beaver/Chevron*

Citizenship program expedites U.S. naturalization for military members

BY CHEVRON STAFF

Military members who have served honorably in the U.S. Armed Forces are eligible for expedited naturalization.

To ensure eligible service members properly submit the required paperwork for U.S. citizenship and to reduce processing times, a command representative has been appointed.

"This is an important need for all of our (Marine Corps Recruit Depot San Diego) units," said Maj. Samuel E. Jackson, deputy assistant chief of staff, Staff Judge

Advocate. "Qualifying foreign-born service members can arrive at any time, ready to begin the process to achieve citizenship. Our foreign-born service members have been willing to put themselves in harms way to protect America and her interests at home and abroad. They have demonstrated that they are worthy of the benefits of U.S. citizenship."

Corporal Gelin Vielman, immigration and naturalization paralegal, Staff Judge Advocate, is the depot command representative. She provides hands-on assistance to service

members applying for citizenship, according to Jackson.


Vielman serves as the liaison between the service member and the Citizenship and Immigration Service. She shepherds foreign-born Marines and sailors through the entire citizenship application process, from initial education on the program to swearing-in as a U.S. citizen.

"It is important to have a one-stop shop for this very important program," said Jackson. "Our service members have busy schedules and we want to ensure that we serve them in the most expeditious manner possible."



Andy Place, galley manager, Duncan Hall, shows off the 2008 Maj. Gen. William Pendleton Thomas Hill Memorial Award given to Duncan Hall staff Tuesday. Duncan Hall received top honors as the best full service chow hall in the Marine Corps.

Cpl. Robert W. Beaver/Chevron

 <p>2142 HONOR PLATOON</p>	<p>EDUCATORS WORKSHOP</p> <p>9th Marine Corps District high school administrators, teachers and counselors visit depot to learn about the Corps</p> <p>3</p>	<p>Combat Conditioning Evaluation Course</p> <p>Company G recruits push through physical and mental fatigue</p> <p>4</p>	<p>Recruit Spotlight</p> <p><i>Recruit escapes war as child, finds new family with Corps</i></p> <p>8</p>
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Shannon Hoelzer (front) and Damion Valletta from team Dumb and Dumber, finish strong in the kayaking portion of the San Diego City Chase that took place aboard the depot, June 7. In addition to kayaking, racers had to complete thirty pull-ups, eighty crunches using a weighted medicine ball and many eight-count body builders. Team Dumb and Dumber came in 5th of 122 teams at three hours and 20 minutes. San Diego City Chase requires two-person teams to run, walk and use public transit to navigate their way through the city and search for Chase Point challenges scattered in unknown locations. They are allowed to call family for help, access the Internet and get aid from strangers to find each location. City Chase was established in Toronto, Ontario in 2003, and has become the largest “Urban Adventure” in the world. It takes place in eight United States cities, and in fifteen countries across the world. This year’s City Chase World Championship will take place in Morocco. Cpl. Carrie C. Ruiz/Chevron

TRICARE okays lap band for those who meet criteria

BY SHARI LOPATIN
TriWest Healthcare Alliance

It’s no secret that American society struggles with obesity, more so than many other countries.

The National Institute of Health reported about two-thirds of U.S. adults over the age of 20 are overweight. However, it is never too late to begin making changes.

If diet and exercise have not worked, TRICARE added laparoscopic adjustable gastric banding – otherwise known as lap band – as a proven medical technology.

Under TRICARE, lap band is covered for individuals that meet certain criteria associated with weight-related high morbidity conditions.

The TRICARE policy manual defines morbid obesity as body weight more than 100 pounds heavier than ideal weight for one’s height and bone structure, or body weight twice one’s ideal weight.

In addition, this weight is in association with severe medical conditions known to have higher mortality rates.

Anyone considering lap band should talk to their primary care manager first about all other options.

Preauthorization is required by TRICARE for lap band procedures.

If surgery does become the only option, the American Medical Association’s Web site defines lap band as restrictive bariatric surgery, meaning it will limit the amount of food the stomach can hold and therefore slow the rate of food passage.

Unlike previous devices, the lap band’s diameter is adjustable by a connection to a reservoir implanted under the skin.

Doctors will inject or remove saline from the reservoir to change the size of the gastric opening.

Surgery isn’t ideal, but rather just one option. Therefore, learn about making

healthy choices. For example, the word “diet” encompasses everything a person eats, not just a specific plan to lose weight. Diet isn’t just about what goes in, but how much goes in. Here are some other healthy living tips, and remember to always check with your doctor before making any drastic changes:

- **Exercise regularly**

The U.S. Department of Agriculture recommends fitting in 30 to 60 minutes of moderate to vigorous physical activity every day.

- **Know your doctor**

A doctor will know his patient’s situation and how to form an individualized healthy living plan. In addition, consulting with a registered dietician to help form that plan can be extremely helpful.

For more information on exercise and healthy living habits, visit TriWest Healthcare Alliance’s Healthy Living Portal under the “beneficiary” section of www.triwest.com.

Daily journal can become family’s living history

BY CHAPLAIN RONALD RINGO
MCRD H&S Bn

Some time ago, I wrote about how we create a real history during our lives. However, the question really is, “What do we want to leave as that history and how do we want the story to get told?” I have been a long-time advocate of keeping a personal history or journal with photo and video clips and I call it making a “living history.”

It has been said of many acclaimed authors that we often covet their personal journals and own story most to gain greater insight into them and their writing. It was what we could learn about them that became the most interesting. The blockbuster success of the Lord of the Rings trilogy by J. R. R. Tolkien is also an example. His personal writings and notes have been of great interest to fans eager to know more about the man behind the epic.

When well-known writers who have volumes of great literary works find their most coveted work to be their own personal history, how much

more would our own families treasure the few personal writings by us?

I read a story of a young man’s father dying a sudden and premature death. He cherished the journals that his father left behind. It talked of how the entries were simple and somewhat mundane; but, for a son who wanted to hold on to his father’s memory, they became a priceless inheritance. The entries were not long, but they were regularly written—for years. As a result, the pages of the journal did not just document the father’s life; they became a compilation of values, a sampling of challenges and successes, a quiet testament of love and faith to a bereaved son.

Most know that readers and writers alike realize the benefits of writing personal histories or journaling. Not only do those receiving such an outstanding gift of living history appreciate what they have been given, but the people who tell their thoughts, feelings and stories derive an indefinable satisfaction from reflecting, reliving and recounting their legacies.

As in the related story, the young man’s father didn’t think that anyone would ever be all that interested in his personal reflections. He, like most of us, wasn’t the greatest writer; however by keeping his thoughts, feelings and events on paper, it helped him achieve closure on yesterday’s events and start each new day with a fresh sheet of paper and a fresh outlook.

A program from the “Life Balance Institute,” that I use and have shared with others, teaches this very concept in what they call “feelings journaling.” This simple, but highly effective way of sharing who you are with others who might read your works at a later time, is so very rejuvenating. It frees us each day to express what is on our mind and truly move ahead lighter and more full of energy.

My hours of reminiscing while converting videotape, reading special journal clips do much the same thing. I have an incredible journal from my great grandfather, Benjamin Oscar Ringo. It is hand-bound, written in his pen, almost calligraphy. He

writes about the weather, his children, and an amazing amount of family history in the middle of the thoughts and stories of the day. I found that he was a jeweler, a school-teacher, and a farmer. He also had two patents for mechanical movement. I found out that he collected and wrote poetry and he writes much of his last few years journals in poetry.

The special thing about this is that all of it is actually part of my history. A part of my story. Now I need to be consistent about doing the same for my posterity.

For those who may find themselves in harm’s way and also those who are left at home, this simple daily activity could bring monuments of loving expressions for generations to come. If we would make the commitment to share of ourselves by journaling what we think, feel and experience, we could leave lasting histories. I can only imagine what those who lost loved ones on 9-11 would feel if they came across a journal with the writings of their loved one. I would wager it would be a highly cherished possession.

BRIEFS

Sunset Concert

Marine Band San Diego will perform its annual Summer Sunset Concert, tomorrow at 7 p.m. on the lawn in front of Pendleton Hall.

The concert is open to the public and admission is free. Blankets and lawn chairs are allowed.

Prohibited items include coolers, alcohol, glass bottles and pets (except for service animals). Vehicles may enter at Gate 5 (back gate).

Gate 2 will be closed to vehicles, but pedestrians may walk through.

Scuba lessons

Marine Corps Community Services hosts scuba classes from June 9 to 15 from 5 to 9 p.m. at the 32nd Street Naval Base. Scuba equipment, tuition and books are included in the \$99 entry fee. For reservations call (619) 524-8240 or (619) 203-3277.

Father’s Day Breakfast

The Bay View restaurant offers a Father’s Day Brunch Buffet Sunday from 8 a.m. to 12 p.m. The buffet includes a steak and eggs breakfast buffet, hot chafing dishes, fresh fruit and a dessert station. The cost for adults is \$12.95; children ages 3 to 11 years is \$6.95; and children under 3 years old eat free. For reservations call (619) 725-6356.

Brown Bag Lunch Series

The depot’s financial advisor, Mike McIsaac, invites depot personnel to attend his Brown Bag Lunch Series of financial workshops.

Upcoming workshops include:

- June 18 – Understanding homeowner’s and auto insurance
- July 23 – How to get out of debt, manage credit and build wealth

Flag football league

Marine Corps Community Services hosts a six-week Commanding General’s Cup Flag Football League beginning June 24. Games will be held on Tuesdays and Wednesdays. There will be a coach’s meeting at 11:30 a.m. Monday at the Athletics Office, Bldg. 5W. The event is open to MCRD active duty and MCCA DoD and NAFi employees on the depot. For information call (619) 524-0548.

2008 NAIMES Student Spotlight Award

The National Association of Institutions for Military Education Services is now accepting applications from active duty military students for the 2008 NAIMES Student Spotlight Award program.

The program offers an opportunity for students to showcase their scholarly competency and skills learned in pursuit of their civilian postsecondary education using federal tuition assistance funding through the Voluntary Education program.

Students can submit an application online at www.naimes.org to compete for one of three \$1,200 cash prizes. All applications must be submitted no later than Aug. 29.

SEND BRIEFS TO:
roger.edwards@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

RS Des Moines, RS Indianapolis educators visit the depot

BY LANCE CPL. JOSE NAVA
Chevron Staff

High school administrators, teachers and counselors from Recruiting Station Des Moines and Indianapolis experienced a week-long synopsis of Marine Corps recruit training during the Educators Workshop Monday through today.

Drill instructors greeted the bus load of educators the same way they greet new recruits on the well-known yellow footprints.

The yellow footprints are used by drill instructors to make their immediate and intimidating presence known by running and yelling at

new recruits.

Classroom briefs describing the entire enlistment process, including recruiting, joining the Marine Corps, boot camp graduation, and the Fleet Marine Force informed the educators about Marine's lifestyles.

"It's a really good way for kids to become mentally tough and get perseverance, and confidence levels get much higher once they are done with their training," said Rodney L. Steimel, high school administrator, Warren Central High School, Indianapolis. "Young adults these days don't have enough (commitment) and the Marine Corps helps to develop

and mature their perseverance," he said.

Educators were invited at the end of the first day to take part in the Bayonet Assault Course on the depot. They maneuvered through obstacles, crawled through tunnels and carried rubber M-16A2 service rifles while wearing Kevlar helmets.

"After running the Bayonet Assault Course it is 10 times more challenging compared to any day in my life coaching any football scheme or basketball play that I practice with my teams," said Derrick Joel, football and basketball coach, Tri County High School, DeWitt, Neb.

The educators also visited

Weapons and Field Training Battalion, Edson Range, Marine Corps Base Camp Pendleton, Calif., to witness weapons firing and field training.

"It is easy to see why the Marine Corps has high expectations, why Marines are so feared, and why they are so proud when they finish,"

said Greg Simms, government history teacher and state representative, Washington Township, Indianapolis.

Educators leaving the depot today said that they have a better understanding of the Marine Corps and the young men and women who embody it.



Derrick Joel, football and basketball coach at Tri County High School, DeWitt, Neb., provides cover for his fire team during the Bayonet Assault Course at the Educators Workshop June 10. *Lance Cpl. Jose Nava/Chevron*



Kelly McWilliams, principal, Decatur Central High School, Indianapolis, executes a butt-stroke against a simulated enemy on the Bayonet Assault Course. *Lance Cpl. Jose Nava/Chevron*



Educators march to the squad bays to see where recruits live while in boot camp. *Cpl. Carrie C. Booze/Chevron*



Ralph Schnell, guidance counselor, Lincoln Northeast High School, Lincoln, Neb., gears up and gets ready to run the Bayonet Assault Course June 10. Educators were given the opportunity to run the course wearing full combat gear so they could better understand the physical stamina and endurance needed for recruit training. *Lance Cpl. Jose Nava/Chevron*

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COMMANDING GENERAL
BRIG. GEN. ANGIE SALINAS

SERGEANT MAJOR
SGT. MAJ. BRIAN K. JACKSON

PUBLIC AFFAIRS DIRECTOR
MAJ. KRISTEN A. LASICA
kristen.lasica@usmc.mil

DEPUTY DIRECTOR
JANICE M. HAGAR
janice.hagar@usmc.mil

PUBLIC AFFAIRS CHIEF
GUNNERY SGT. LAURA GAWECKI
laura.gawecki@usmc.mil

PRESS CHIEF
CPL. CARRIE C. RUIZ
carrie.booze@usmc.mil

COMBAT CORRESPONDENTS
CPL. ROBERT BEAVER
LANCE CPL. JOSE NAVA

EDITOR
ROGER EDWARDS
Mail to: civilian editor
roger.edwards@usmc.mil

CHEVRON/PUBLIC AFFAIRS OFFICE
1600 HENDERSON AVE. #120
SAN DIEGO, CA 92140
(619) 524-8727

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Course tests recruits' physical, mental limits

BY CPL. ROBERT W. BEAVER
Chevron staff

In a stressful environment caused by yelling drill instructors, Company G recruits rolled over high bar, log and wall obstacles while performing the Combat Conditioning Evaluation Course here May 20.

A fairly new training evolution, the Combat Conditioning Evaluation Course is a modified version of the obstacle course. This course is the third version of the obstacle course that recruits complete during boot camp and is one of the many courses designed to help build combat endurance.

“Combat conditioning is important because it gives recruits the ability to push through physical and mental fatigue to accomplish a mission,” said Sgt. Sidney Pineda, martial arts instructor, Instructional Training Company. “All Marines are riflemen and need to be ready when they get to the fight.”

In addition to running the obstacle course, recruits are required to perform added tasks. Recruits begin the course by sprinting 200 yards to the first high-bar obstacle of the course. Recruits arrive at the first obstacle already fatigued, making the course more challenging for some recruits.

After performing the next few obstacles, recruits must drag an 180-pound dummy 20 feet on a sled to simulate rescuing an injured platoon mate.

“The additions to the obstacle

course make the course more challenging for recruits,” said Sgt. James Vandever, Platoon 2141, Co. G. “The more of a challenge they receive, the better they will be able to perform when it counts.”

Recruits then finish by scaling a wall, hopping over several more high-bar and log obstacles before finally climbing the 30-foot rope, which would be the ending point of normal obstacle course.

However, the new CCE course continues with another 200-yard sprint to an area where drill instructors provide exhausting incentive training, which is a fast-paced physical training session used to instill discipline and motivation. The IT session marks the final obstacle of the CCE course.

While some recruits found the course to be easy, most recruits were pushed beyond a comfortable effort.

“The course was very tiring and was the most challenging form of the obstacle course I’ve done so far,” said Recruit Arthur Villanueva, Platoon 2146. “Instead of just upper body strength, this obstacle required the whole body.”

Other forms of the obstacle course required Co. G recruits to complete the first course without modification, then later with full combat gear. When they progressed in their training, the versions of the obstacle courses became more challenging.

As Co. G recruits conquered each obstacle they became more prepared, even for the obstacles that lie ahead in their Marine Corps careers.



Recruit Derrick Jordan, Platoon 2141, Co. G, uses his momentum to roll over a log while conducting the depot Combat Conditioning Evaluation Course. *Cpl. Robert W. Beaver/Chevron*



Company G recruits complete the first set of log obstacles of the Combat Conditioning Evaluation course. *Cpl. Robert W. Beaver/Chevron*



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Four Co. G recruits sprint to the beginning of the depot Combat Conditioning Evaluation Course. The CCE is a modified version of the obstacle course with additional tasks.
Cpl. Robert W. Beaver/Chevron



Benjamin Omey, Platoon 2142, Co. G, yells out his platoon number after reaching the top of the 10-foot rope—the last obstacle of the course. *Cpl. Robert W. Beaver/Chevron*



Company G recruits perform side straddle hops during a warm-up session before completing the Combat Conditioning Evaluation Course. *Cpl. Robert W. Beaver/Chevron*



Staff Sgt. Edwin Hidalgo, right, Platoon 2145 drill instructor, encourages Recruit Levi Wolfe, Platoon 2146, to go over the wall. *Cpl. Robert W. Beaver/Chevron*

Company G Marine escapes war as a child, finds new family under Corps’ eagle, globe and anchor

BY CPL. CARRIE RUIZ
Chevron staff

After escaping a war-torn country, Pvt. Hector Sanchez went against all odds and tackled a new challenge – becoming a United States Marine.

Sanchez, 23, spent his early childhood in the city of San Salvador, El Salvador, while the country was under the shadow a civil war.

The Salvadoran Civil War was predominantly fought between the government and a coalition of four guerrilla groups and the communist group, Farabundo Marti National Liberation, according to www.globalsecurity.org.

“I remember playing outside with my brother and sister and hearing machine guns and explosives going off in the distance,” said Sanchez. “When they got too close, my grandmother would run outside and hurry us into the house.”

He said that his grandmother would hide him and his brother in the back room when the Salvadoran army came to search the house. He said that if he was caught, he would have been drafted into the army even as a young child.

At this time, Sanchez’s parents had already fled the country to Pacoima, Calif., where his father worked for a construction company. When Sanchez was seven, his parents returned to El Salvador to bring him and his siblings to the United States.

“My parents always told us how much better California

would be, so I was excited to go,” said Sanchez.

Sanchez said that once he arrived to California, his parents showered him and his siblings with clothes and toys. He said that they were a close family because they only had each other.

After only two months in the United States, Sanchez’s parents were murdered by unknown assailants.

“I heard the gunshots but I just thought that they were people setting off fireworks,” Sanchez said. “Once the police arrived, I knew something was wrong and was very scared. I spent the rest of the day in the hospital until my parents passed away.”

Sanchez’s uncle took him and his siblings in for nine months, but due to financial restrictions, he had to give them up to a foster care agency and they were separated.

Sanchez said he was very upset when he and his siblings were split up because they were the only family he had left.

“I was passed around to five different foster homes, and I didn’t like living at any of them because I never felt like I was welcomed,” said Sanchez. “Even though the family was nice, I knew that I wasn’t home.”

Over time Sanchez and his remaining family lost contact. After graduating high school Sanchez had a new focus, joining the Marine Corps.

“I wanted to join since I was 18 years-old, when I saw the recruiting commercials and decided I wanted to chal-

lenge myself. I figured that because I had been through so many struggles in my life, there is nothing that I could not overcome,” said Sanchez.

Sanchez went to his local recruiting station and enlisted in the Marine Corps, where he spent four months in the delayed entry program.

“Sanchez was very determined to become a Marine, and showed that determination very early,” said Gunnery Sgt. Treba Henderson, staff noncommissioned officer-in-charge, Recruiting Substation Burbank, Calif. “He lived an hour away from the RSS but he never missed a pool function, physical fitness session or appointment. He didn’t care about anything besides becoming a Marine.”

Sanchez departed for recruit training and picked up with Company G, Platoon 2145.

“Sanchez was a good recruit who was always really motivated to become a Marine,” said Staff Sgt. Wayne Johnson, senior drill instructor, Platoon 2145. “He never was down, and seemed to enjoy the training.”

Sanchez said that the most memorable part of recruit training was on the final day of the Crucible when he and his platoon were doing the final hike.

“The other recruits in my platoon were motivating me to keep going and they seemed to really care and want me to do well. I see them as my brothers,” said Sanchez.

Sanchez said that he now realizes that one of the rea-



Private Hector Sanchez, a refugee from El Salvador, is a member of Platoon 2145, Co. G. He graduates from recruit training today.

Cpl. Carrie C. Ruiz/Chevron

sons he joined the Marine Corps is so he could belong to something. He said he has been alone the majority of his life and now he feels like he has family.

“I have seen a huge transformation in Sanchez, when he arrived here he didn’t really know how to talk to people. Now he has much more confidence and discipline,” said Johnson, a Racine, Wis., native.

After graduation, Sanchez will return home for 10 days of leave before reporting to Marine Corps Base Camp Pendleton, Calif., for Marine Combat Training.

Sanchez enlisted with a supply and accounting military occupational specialty. He said that during his enlistment he wants to go to college to earn a degree in criminal justice. He said that his goal is to become a detective in a homicide unit.

Retired Brigadier Gen. David M. Brahms

PARADE REVIEWING OFFICER

Retired Brig. Gen. David M. Brahms was born in January 1938 in New York City and grew up in Newton, Mass. He graduated from Harvard College with a bachelor’s degree in Psychology (cum laude) in 1959 and from Harvard Law School with a Bachelor of Laws degree in 1962. He joined the Platoon Leaders Class in April 1961, while a second-year law student. In September 1961 he was commissioned a second lieutenant in the U.S. Marine Corps Reserve. He remained in an inactive duty status until January 1963, when he commenced officer training at the Basic School in Quantico, Va. After completing that program he received his basic training in military law at the Naval Justice School, Newport R.I.

He then reported for duty to 2nd Marine Division, Camp Lejeune, N.C., where he served as a trial counsel, a defense counsel, a legal assistance officer and a review officer from November 1963 to June 1965. In April 1964, he was sent to the Dominican Republic where he served as the deputy staff legal officer to the Marine forces deployed to respond to the “Dominican Crisis”.

In June 1965, he was transferred to Headquarters 14th Naval District where he served for three years as a trial counsel, defense counsel and legal assistance officer.

Next he was a student at the Army Judge Advocate General’s School Career Course. In May 1969, he was designated the distinguished graduate in his class. Ordered overseas in July 1969, he reported to 1st Marine Aircraft Wing, then located in DaNang, Republic of Vietnam. He served there for one year as the deputy staff judge advocate.

Following this service, he was assigned to the Marine Corps Supply Depot, Albany, Ga. He served as staff judge advocate of that command for two years. During July 1972, he reported to the Office of the Director, Judge Advocate Division, Headquarters Marine Corps, Washington, D.C., to assume duties as the head, Research and Policy Branch and later as the special assistant to the director and officer in charge, Marine Corps Special Court Martial Judiciary. From July 1976 to August 1977, he attended the National Law Center, George Washington University in Washington, D.C. under the auspices of the Marine Corps Special Education Program. In September 1977 he was awarded a Master of Laws in law, psychiatry and

criminology with highest honors.

Returning to Headquarters Marine Corps, he again served as the head, Research and Policy Branch, Judge Advocate Division, until his transfer to Okinawa in May 1979. There he served simultaneously as the staff judge advocate, 3rd Marine Division and III Marine Amphibious Force. In July 1980, Brahms reassumed the position of head, Research and Policy Branch Judge Advocate, Division at Headquarters Marine Corps. After selection to colonel in February 1981, he became the deputy director of the division.

He was transferred to Marine Corps Base, Camp Pendleton, Calif., in September 1983, where he served as assistant chief of staff, Staff Judge Advocate until February 1985, when he was assigned duty as the chief of staff, Marine Corps Base, Camp Pendleton, Calif. While serving in this capacity, he was selected for promotion to brigadier general on July 25, 1985 and assumed assignment as the director, Judge Advocate Division, Headquarters Marine Corps, Washington D.C. and staff judge advocate to the Commandant of the Marine Corps Sept. 30, 1985.





His personal military decorations include the Legion of Merit, the Bronze Star Medal with Combat ‘V’

and the Meritorious Service Medal with bronze star in lieu of second award.

Since his retirement from active duty in September 1988, he has practiced law in the Carlsbad area. His current practice is almost exclusively in the area of military law. He served as the technical advisor of the movie, “A Few Good Men.” He has been active nationally in advocating the rule of law and fighting to protect those without a voice.

He is also regularly called upon by print and electronic media to address military legal topics.



 Platoon 2142 COMPANY HONOR MAN Lance Cpl. B. P. Omev Eureka, Calif. Recruited by Gunnery Sgt. D. L. Sage	 Platoon 2147 SERIES HONOR MAN Pfc. C. M. Boyer Independence, Mo. Recruited by Sgt. L. Clemens	 Platoon 2141 PLATOON HONOR MAN Pfc. W. L. Johnson San Diego Recruited by Staff Sgt. G. Osorio	 Platoon 2145 PLATOON HONOR MAN Pfc. A. R. McConnell Missoula, Mont. Recruited by Sgt. C. J. Elmore	 Platoon 2146 PLATOON HONOR MAN Pfc. P. J. Morrison Rogers, Ark. Recruited by Sgt. J. D. Bayer	 Platoon 2141 HIGH SHOOTER (331) Pfc. H. H. Park Colorado Springs, Colo. Marksmanship Instructor Staff Sgt. D. Rosales	 Platoon 2145 HIGH PFT (300) Pfc. W. E. Harreld Dubuque, Iowa Recruited by Staff Sgt. J. D. Grider
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GOLF COMPANY



Company G recruits tighten up their formation before tackling a physical training exercise May 20. These recruits graduate from 13 weeks of boot camp today in a ceremony on the depot’s Shepherd Memorial Drill Field. Cpl. Robert W. Beaver/Chevron

2ND RECRUIT TRAINING BATTALION

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Lt. Col. R. R. Scott
Chaplain
Lt. W. N. Tomasek
Sergeant Major
Sgt. Maj. T. L. Shatto
Battalion Drill Master
Staff Sgt. C. A. Mejia

COMPANY G
Commanding Officer
Capt. F. P. Burke
Company First Sergeant
1st Sgt. R. S. Hermance

SERIES 2141
Series Commander
1st Lt. N. A. Borrelli
Chief Drill Instructor
Staff Sgt. D. Lopez

PLATOON 2141
Senior Drill Instructor
Staff Sgt. J. S. Nelson
Drill Instructors
Sgt. J. Conwill
Sgt. T. W. Fairfield
Sgt. N. C. Stocking
Sgt. J. R. Vandever

Pvt. N. A. Allen
Pvt. M. E. Baldinelli
*Pfc. A. L. Bentley
Pfc. T. J. Butler
Pfc. J. L. Calhoun
Pfc. J. A. Campos
Pfc. R. Carmenate
Pfc. K. W. Carter
Pfc. J. F. Copsey
Pfc. M. L. Coulter
Pvt. M. O. Cureo
Pvt. R. J. Davis Jr.
Pfc. K. M. Davis
Pfc. B. J. Day
Pvt. J. T. Domenick
Pvt. H. D. Donis
Pvt. J. S. Drake
Pvt. F. W. Evans III
Pvt. C. P. Fisher
Pvt. R. Flores Jr.
Pvt. J. J. Fuhrman
Pvt. E. S. Gallegos
*Pfc. Y. A. Garciadiaz
Pfc. R. A. Germanelo
Pvt. J. Godinez
*Pfc. M. B. Grissom
*Pfc. W. F. Harris
Pvt. R. E. Irby Jr.
Pfc. D. L. Jackson-Thompson

Pvt. C. W. Jacobs
Pfc. W. L. Johnson
Pvt. D. G. Jones
*Pfc. D. D. Jordan
Pvt. C. C. Kroncke
Pvt. J. T. Lindley
Pfc. T. P. Lombard
Pvt. J. W. Marshall
Pvt. A. H. Martinez
Pvt. B. J. McCaskill
Pvt. R. A. Medina-Cojulun
Pvt. A. D. Miller
Pvt. D. Millerhill
Pvt. G. P. Minjarez
Pvt. T. P. Moser
Pvt. M. D. Nelson
Pvt. H. P. Nussbaum
Pfc. M. M. Orozco-Carrillo
Pfc. H. H. Park
Pvt. P. A. Parsh
Pvt. J. D. Peterson
Pfc. W. C. Phillips
Pvt. M. A. Rickerd
Pvt. C. R. Romero
Pvt. S. D. Roy
Pfc. A. J. Sisouvong
Pvt. A. Solorzano
Pvt. D. Spence Jr.
Pvt. C. D. Spiewak
Pvt. C. K. Taton
Pvt. J. R. Thurston
Pfc. R. W. Trautz
Pfc. N. A. Trimis
Pvt. B. A. Van Horn
Pvt. M. E. West
Pfc. K. A. Wilcox
Pfc. C. R. Wilson
Pfc. C. A. Younger

PLATOON 2142
Senior Drill Instructor
Sgt. D. B. Goheen
Drill Instructors
Sgt. J. Cervantes
Sgt. M. T. Galindo
Sgt. Y. Sesay

Pvt. E. Aburto-Banajas
Pvt. D. Armijo
Pfc. J. R. Arriaran
Pvt. A. F. Asuncion
Pvt. P. J. Barry
Pvt. B. M. Belcher
Pfc. P. W. Bell
Pvt. T. L. Bell
Pfc. S. M. Bockoski
Pfc. J. M. Cabada Jr.
Pvt. R. B. Candela
Pvt. A. K. Cashmore
Pvt. M. Castro Jr.
Pvt. C. P. Cengiz

Pfc. C. A. Chase
Pfc. J. G. Christman
Pfc. D. M. Cox
*Pfc. M. J. Davidson
Pvt. D. F. Dominguez
Pvt. A. L. Fernandez
Pvt. S. V. Fleming
Pfc. S. I. Golden
Pvt. W. A. Gore
Pvt. S. E. Graham
Pvt. A. D. Guiden
Pvt. J. L. Gustafson
Pvt. M. A. Hamilton
*Pfc. R. A. Hanover
Pvt. H. Y. Hashem
*Pfc. B. Hung
Pvt. A. Illescas-Carrizales
Pfc. P. R. Johnson
Pvt. R. D. Kelly
Pvt. R. P. Kielty
Pvt. B. Q. Lai
Pvt. D. J. Lepinski
Pfc. E. Mata
Pfc. N. R. Monroe
Pvt. J. V. Morales
Pvt. B. C. Neeck
Pvt. B. E. North
*Lance Cpl. B. P. Omev
Pvt. P. M. Ortiz
Pfc. R. W. Parker Jr.
Pvt. B. T. Price
Pvt. H. A. Quintero
Pvt. A. Ramirez
Pvt. S. E. Rejuso
Pvt. J. I. Rodriguez
Pvt. M. A. Rodriguez
Pvt. B. D. Sanchez
Pvt. J. B. Sands
Pfc. B. S. Sarkkinen
Pvt. L. P. Schuetze
Pvt. K. R. Taylor
Pvt. M. R. Turner
Pvt. B. V. Vargas
Pfc. C. D. Villarreal
Pvt. J. A. Waters
Pfc. J. E. Watson
Pvt. G. L. Weber
Pvt. A. R. Westphal
Pvt. J. R. Whittle
*Pfc. P. D. Wilson
Pfc. M. S. Wright
Pvt. S. A. York

SERIES 2145
Series Commander
Capt. G. R. Corrales
Chief Drill Instructor
Gunnery Sgt. T. S. Starkey

PLATOON 2145
Senior Drill Instructor
Staff Sgt. W. C. Johnson

Drill Instructors
Staff Sgt. A. C. Baker
Staff Sgt. E. O. Hildago
Staff Sgt. J. P. Tennison
Staff Sgt. M. O. Zunnino

Pvt. J. M. Alpers
Pvt. C. T. Arundell
*Pfc. R. A. Bargas
Pvt. C. N. Barton
Pvt. J. B. Basham
Pvt. J. D. Bettelli
Pfc. T. M. Billmeyer
Pfc. R. A. Bird
Pfc. B. A. Briscoe
Pvt. J. M. Brooks
Pvt. J. D. Carreon
Pvt. D. J. Couse
Pvt. R. L. Dortch III
Pvt. J. A. Farnsworth
Pvt. I. F. Garibay
Pvt. J. M. Gordils
Pvt. E. D. Hamilton
*Pfc. W. E. Harreld
*Pfc. D. I. Hendricks
Pvt. N. R. Hernandez
Pvt. F. Hernandez-Orozco
Pvt. D. V. Hintt
Pvt. J. J. Hooley
Pvt. C. B. Jarvis
Pvt. W. P. Jones
Pvt. E. C. Kachurka
Pvt. M. L. Karels
Pvt. J. J. Kidwell
Pvt. J. R. King
Pvt. C. M. Lanier
Pvt. E. A. Lopez
Pvt. M. J. Mars
*Pfc. A. R. McConnell
Pvt. Z. T. McWilliams
Pvt. G. J. Mills
Pvt. R. D. Nunes III
Pvt. M. J. Olson
Pvt. S. M. Osborne
Pfc. E. S. Parton
Pvt. J. P. Phelps
Pvt. J. D. Powell
Pvt. J. M. Ray Jr.
Pvt. R. N. Romero
Pvt. N. D. Saenz
Pvt. H. Sanchez
Pfc. C. S. Schaetzle
Pfc. D. R. Spaeth
Pvt. J. P. Sprung
Pvt. D. E. Taitano
Pfc. T. D. Taube
*Pfc. J. D. Thomas
Pfc. S. G. Timler
Pfc. C. Trevino III
Pvt. K. L. Vanderlaan
Pvt. T. X. Vang

Pvt. C. L. Vermillion
Pvt. C. S. Verreras
Pvt. J. L. Villegas
Pvt. M. V. Vo
Pvt. J. Wang
Pvt. C. A. White Jr.
Pvt. M. R. Williams
Pfc. M. T. Wilson
Pvt. J. L. Withrow
Pvt. J. E. Wood
Pvt. I. Yevloev

PLATOON 2146
Senior Drill Instructor
Gunnery Sgt. C. W. Kenly
Drill Instructors
Staff Sgt. S. Khan
Staff Sgt. A. J. Sander
Sgt. A. W. Piper
Sgt. R. R. Ramirez

Pvt. A. R. Adkins
Pvt. D. L. Albright
Pfc. L. J. Audet
Pvt. P. A. Austin
Pvt. D. Avila Jr.
Pvt. J. L. Bates
*Pfc. B. M. Blom
Pvt. R. A. Brito
Pvt. N. Brown
Pvt. C. R. Cornwall
Pvt. C. M. Davis
Pvt. G. S. DeBoer
Pvt. J. S. DeCrescentis
*Pfc. S. P. De Gruy
Pvt. R. De La Cruz
Pfc. A. De La Rosa
*Pfc. M. Diaz
Pfc. M. A. Dominguez
Pvt. J. B. Drisdale
Pvt. M. L. Duncan
Pvt. M. K. Durham Jr.
Pfc. C. T. Dyer
Pvt. T. D. Evans
Pfc. M. Felix
Pfc. B. C. Galyean
Pvt. E. L. Garcia
Pvt. I. I. Godinez
Pvt. I. E. Gonzalez
Pvt. R. R. Gonzalez
Pfc. C. W. Gorecki
Pvt. V. J. Gucciardo III
Pvt. J. M. Guynn
Pvt. T. C. Halligan
Pvt. W. L. Henson
Pvt. B. B. Hinds
Pfc. A. J. Hodges
Pfc. A. J. Hoyt
Pvt. R. Huerta
Pfc. S. J. Kranick
*Pfc. N. J. Leonardi

Pvt. S. R. Luna
Pvt. E. H. Miner
Pvt. J. R. Miner
Pfc. P. J. Morrison
Pvt. R. M. Nelson
Pvt. M. H. Peiffer
Pvt. D. J. Phillips
Pvt. A. W. Ramos
Pvt. K. M. Reich
Pfc. R. C. Robles
Pvt. B. J. Rodriguez
*Pfc. T. J. Ryfiak
Pfc. A. G. Salvo
Pvt. G. T. Sannicolas
Pvt. C. W. Scattergood
Pvt. J. M. Seal
Pvt. F. R. Serrano
Pvt. J. L. Simpson
Pvt. J. C. Stanton
Pvt. R. S. Sweeney
Pvt. E. Tafolla
Pfc. A. D. Thomas
Pfc. A. B. Villanueva
Pvt. A. R. Williams
Pvt. J. T. Williamson
Pvt. L. Wolfe

PLATOON 2147
Senior Drill Instructor
Staff Sgt. J. A. Dow
Drill Instructors
Staff Sgt. W. C. Carter
Sgt. J. A. Martinez
Sgt. E. E. Ramirez

Pvt. I. A. Afoa
Pfc. J. W. Andrade
Pvt. R. R. Ayers
Pvt. J. T. Beard
Pvt. B. N. Bigley
Pvt. A. S. Blackburn
Pfc. B. A. Bonner
*Pfc. C. M. Boyer
Pvt. R. A. Briseno
*Pfc. C. C. Buss
Pfc. J. P. Cancellia
Pvt. J. S. Clair
Pvt. B. C. Colegrove
*Pfc. L. V. Contreras
Pfc. C. B. Davila
Pvt. D. A. Day
Pvt. D. D. Draper
Pvt. S. D. Dunn
Pvt. L. J. Farabaugh III
*Pfc. P. A. Farquhar
Pvt. V. A. Feliz
Pvt. J. A. Flores
Pvt. K. J. Ford
Pfc. E. Garibay
Pvt. F. Gomezrodriguez
*Pfc. L. D. Hall

Pfc. W. H. Harnden
Pvt. L. T. Hawkins
Pvt. P. J. Helgeson
Pvt. N. L. Hornbuckle
Pvt. D. Jacquez
Pvt. M. Juarez Jr.
Pfc. K. R. Kerns
Pfc. J. M. Klindt
Pvt. S. J. Koch
Pvt. B. K. Kramer
Pvt. J. M. Kratzer
Pfc. R. T. Kuehnau
Pvt. J. C. Lamb
Pvt. M. J. Lewis
Pfc. R. R. Lippincott
Pvt. W. K. Maggard
Pfc. C. C. Mantooth
Pvt. C. D. Mason
Pvt. M. W. McGuire
Pfc. C. R. Moltenbrey
Pvt. W. R. Moore
Pvt. S. P. Morales
Pvt. D. D. Morrow
Pfc. J. J. Munoz
Pvt. J. R. Nietz
Pvt. D. L. North
Pvt. D. L. North
Pvt. F. J. Obeso
Pvt. C. A. Pierce
Pvt. G. D. Pollock
Pvt. B. J. Ramsey
Pvt. J. G. Richards
Pvt. J. R. Rugg
Pvt. Z. M. Saucedo
Pvt. E. C. Smith
Pvt. M. J. Stucker
Pvt. C. G. Wade
Pvt. J. J. Winston Jr.
Pvt. L. T. Yang

*Denotes meritorious promotion

Spin class offers depot alternative cardio workout

BY LANCE CPL. JOSE NAVA
Chevron Staff

The depot Fitness Center offers many activities and classes for Marines, depot personnel and their families to stay

healthy and fit. One of these classes offered is the spin class that takes place every day at Phillips Hall.

“It’s a great class because it’s a form of exercise where a person can push themselves a bit harder than normal,” said Jill Suess, spin instructor.

Spin is a one-hour cardio work-out that is an alternative to regular aerobic workouts and for people who may not be fit or coordinated enough to do a step aerobics class, but still want the cardio exercise, said Suess. Spin

has been offered on base for five years, according to Suess.

“It’s addicting because once the class starts and it picks up speed it pushes you to your limits,” said Tina Marie, fitness center aid and spin bike enthusiast.

The class offers enjoyment and has a hidden and effective workout so people workout without really knowing it said Marie.

“It’s not like riding normal indoor bikes because people can read a magazine or watch television when riding one of those. In the spin class, people are focused and can push themselves harder,” said Suess.

The spin class provides an overall work out that puts an emphasis on cardio and burning calories. The class helps burn between 600 and 800 calories said Suess.

The class is not just for able-bodied people, it can also help those people with knee, back and hip injuries said Ron Rivera, fitness specialist.

“It has to be prescribed by your doctor or physical therapists, but the class helps suppress impact to the joints,” said Rivera.

There are many levels of spin classes from beginner to advanced so everyone can participate, said Suess. She added that the class is beneficial for people with certain injuries because they can control the resistance that is applied and they can work to get their leg strength back to normal or better.

In addition to making working out easier for those that have minor injuries, spin can also improve one’s performance in the 3-mile run for their physical fitness test, said Rivera.

Suess said that many people have to force themselves to go and work out, but this is a fun class, so most people go about their day feeling better and with a boost of energy.

Suess is one of the six instructors who teaches the spin class throughout the day. Classes are at 6 a.m., 11:30 a.m., and 5 p.m. Mondays, Wednesdays and Fridays. On Tuesdays and Thursdays there is a 5 p.m. class, and an 8 a.m. class on Sundays. Class times are varied so that everyone can try and make it to one of them, said Suess.



Jill Suess, one of the instructors at the depot Fitness Center, leads a class in a session of spin at Phillips Hall aboard Marine Corps Recruit Depot San Diego, Calif. Spin class burns 600 to 800 calories according to Suess.
Lance Cpl. Jose Nava/Chevron



Gunnery Sgt. Eric N. Cruz, staff noncommissioned officer-in-charge of Marine Corps Community Services programs, works up a sweat during one of the spin classes which occur throughout the day at Phillips Hall.
Lance Cpl. Jose Nava/Chevron

Marines, depot personnel and family members put miles on exercise bikes in spin, an alternative cardio work out that is one-hour long, at the depot’s Phillips Hall. Spin is an interactive workout that takes place every day, throughout the day. The schedule gives everyone a chance to fit the activity into their busy schedules. *Lance Cpl. Jose Nava/Chevron*

